GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA

UNSTARRED QUESTION NO:5929
ANSWERED ON:04.05.2005
INCIDENCE OF OBESITY
Vallabbhaneni Shri Balashowry

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

(a) whether the Government is aware of the fact that obesity is growing as an epidemic in the country;

(b) if so, whether the Government is aware that the rate of obesity increase in India is much higher than in the developed countries;

(c) if so, the reasons therefor;

(d) whether the Government proposes to take any preventive measures in this regard; and

(e) if so, the details thereof?

Answer

THE MINISTER OF STATE IN THE MINISTRY OF HEALTH & FAMILY WELFARE (SMT. PANABAKA LAKSHMI)

(a) to (e): According to ICMR, the 2nd report of National Nutrition Monitoring Bureau showed that the prevalence of obesity was 2.3% and 3.4% in males and females respectively during 1975-79 which increased to 3.8% and 6% respectively in 1996-97. ICMR has further informed that WHO`s Standing Committee on Nutrition shows that obesity in adult male which was 0.2% in 1974-79 had increased to 0.32% in 1998 which was concluded to be showing a static trend. This is in comparison to the report showing a rising trend in developed countries e.g. USA, UK, Singapore etc. The main reasons attributed to the rising prevalence of over-weight and obesity include reduced level of physical activity/increase in sedentary life style as also increased consumption of calorie dense and nutrient deficient food items. Since creating awareness through information, education and communication is the main strategy to tackle this issue, this component has been incorporated in the National Programme for Control of Diabetes and Cardiovascular Diseases (CVD) for which this Ministry has sought in principle approval from the Planning Commission.